



# Warm Roast Veg Salad Bowl

with pesto-infused bulgur wheat

35 – 40 mins • Veggie

7



Bulgur Wheat



Green Pesto



Greek Style Cheese



Parsnip



Baby Carrots



Chickpeas



Paprika



Almonds



Balsamic Glaze



Stock



Italian Herbs

Pantry Items: Oil, Salt, Pepper, Water



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Baking sheet with baking paper, pot with lid, sieve

## Ingredients

	2P	4P
Bulgur Wheat	120 g	240 g
Green Pesto	30 g	60 g
Greek Style Cheese	100 g	200 g
Parsnip	1 unit	2 units
Baby Carrots	150 g	300 g
Chickpeas	1 pack	2 packs
Paprika	1 sachet	2 sachets
Almonds	15 g	30 g
Balsamic Glaze	1 sachet	2 sachets
Stock	1 sachet	2 sachets
Italian Herbs	½ sachet	1 sachet

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>495.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	3347.2 kJ/ 800 kcal	675.5 kJ/ 161.5 kcal
Fat (g)	29.1 g	5.9 g
Sat. Fat (g)	11.1 g	2.2 g
Carbohydrate (g)	94.9 g	19.2 g
Sugars (g)	15.9 g	3.2 g
Protein (g)	30.7 g	6.2 g
Salt (g)	3.9 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients.

Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

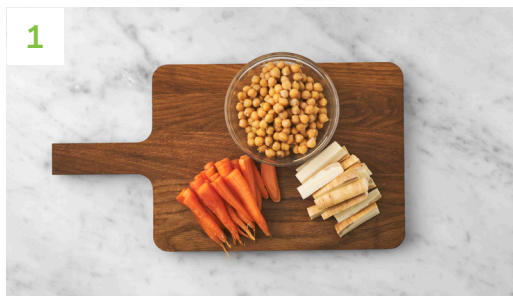
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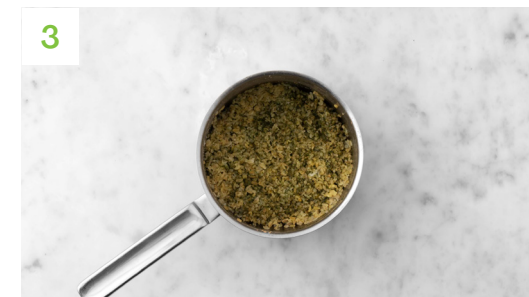
## Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Trim the **parsnip** then halve lengthways (peeling optional). Chop into roughly 1cm wide, 5cm long batons.
- Drain and rinse the **chickpeas** in a sieve.
- Trim the **carrots** and halve lengthways.



## Roast the Veg

- Add the **parsnip**, **carrots** and **chickpeas** to a lined baking tray.
- Toss with **salt**, **pepper**, **paprika**, **half** the **Italian herbs** (double for 4p) and a good glug of **oil**.
- Toss together and spread out in a single layer.
- Roast until the veg is tender, 20-25 mins.
- When 5 mins of cooking time remain, scatter the **almonds** over the veg then return the tray to the oven to finish roasting.



## Cook the Bulgur

- Meanwhile, pour 240ml **water** (double for 4p) into a large pot for the **bulgur**. Stir in the **stock** and bring to the boil.
- Stir in the **bulgur**, bring back to the boil and simmer for 1 min.
- Pop a lid on the pot and remove from the heat.
- Leave aside for 12-15 mins.
- Just before serving, stir the **pesto** through the **bulgur**, fluffing it up as you go.

**TIP:** If you prefer, don't stir through the pesto and drizzle it over the dish before serving instead.



## Finish and Serve

- Divide your **pesto bulgur** between bowls.
- Top with the **chickpeas** and tender roast veg.
- Crumble the **Greek style cheese** over the top.
- Finish with a drizzle of **balsamic glaze**.

## Enjoy!